

Letter to Our Readers

Beloved Friends,

Hari Om! May this winter season refresh our minds with thoughts of the Divine. May we know that joy in our daily lives!

With your kind help and advice, as we begin our tenth year of publication, we are eager to improve and enlarge the *Integral Yoga Magazine*. To do so, however, would require funds, and even the regular publication costs more than we get in sales.

But we would rather not depend only on contributions. Instead, the magazine should now be paying for itself through an increase in subscriptions. Since it is not commercially oriented, we are not interested in sensational articles which would quickly boost our circulation. Our purpose is to present the highest quality material—the life and teachings of a living Sage, the Reverend Sri Swami Satchidananda Maharaj.

We can help the magazine by using it ourselves and also offering it to our friends. A gift subscription is often appropriate. You might even introduce the magazine to your favorite book or health-food store. Gurudev has taught that, in a perfect act, no harm is done to anyone and some good is done to someone. How many of our gifts are that beneficial, or useful, or have a lasting effect? Through the magazine, we have the opportunity to share in the teachings, to have *satsang* (spiritual company), even to be with Gurudev when he is travelling in distant parts of the world.

Now that I serve as editor, I realize that *Integral Yoga Magazine* is a diamond mine of yogic knowledge. Even questions that I could have asked about my spiritual progress, or about the life of Sri Gurudev, were easily answered by reading the magazine.

Besides sharing it, I sincerely recommend reading each issue from cover-to-cover. It is, in my opinion, a spiritual practice in itself. Enough information is available elsewhere about the world's troubles. Let us encourage others to also read something which will inspire and uplift them through its positive approach.

Thank you for your concern and loving support.

In Your Service,

Swami Devaananda

Swami Devaananda, Editor

Integral Yoga® Magazine

Founder - Director

Sri Swami Satchidananda

Editor

Swami Devaananda

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Swami Sharadananda Ma

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Photography

Shanthi Norris

Swami Muktananda Ma

Swami Sharadananda Ma

Kalyani Yarusso

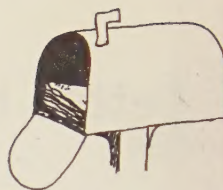
Proofreading

Ms. Arvilla Blosch

Sri Swami Satchidananda

SRI SWAMI SATCHIDANANDA is a master of Yoga, a world spiritual teacher, and Guru of the students of Integral Yoga. He is dedicated to the ecumenical movement, his motto being "Truth is One, paths are many." His main residences are in Pomfret Center, Connecticut during summer and Santa Barbara, California in the winter. He also travels widely, sharing with people through every possible medium: lectures, conferences, radio, TV and newspaper interviews, books and visits to schools, seminaries, rehabilitation centers and many other groups.

Letters



from the mother of an ashramite...

Some things and feelings are difficult to express or put down on paper, but I want you to know that it was a spiritual experience being in the presence of Swami Satchidananda—feelings of peace, goodness, holiness. Thank you for making it possible.

It goes without saying I love you and being with you. The whole day was enjoyable. Extend my warm regards to all.

Mrs. A.T., Hoboken, New Jersey

from an ashramite doctoral student...

If you have experienced ashram or institute living, you know that it can be a lonely experience if you don't control your mind. Recently, my path has led me to an even more separate environment—that of being a graduate student in a very large university. If it weren't for our teacher, Swami Satchidananda, and all the yogic teachings and practices, the path to the graduate library would be next to impossible to traverse.

As I write this letter, it's finals time and I should be "cramming" for the big test. I am feeling very alone and not quite ready for the exam. Another graduate has just offered me her office in which to study.

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INTEGRAL[®] Yoga

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Integral Yoga and You

INTEGRAL YOGA Magazine is the official organ of the Integral Yoga Institutes, Groups, Teaching Centers and Satchidananda Ashrams. These centers are vehicles through which Sri Swami Satchidanandaji's teachings of Integral Yoga are lived and shared. Conducting ongoing programs in the various aspects of Yoga, including Hatha, Raja, Karma, Bhakti, and Jnana Yogas, the centers also offer instruction on Yogic diet and other related topics. There are open classes, courses, teachers' training programs, universal worship services, and also retreats for beginners and more advanced students. Those interested are invited to call or visit the centers, and a live-in program is also possible.

Besides their teaching function, the Ashrams also provide an opportunity for an experiment in total Yogic living. The Ashram in Pomfret Center, Connecticut has a health clinic, national audio-video and book publishing and distribution services, a natural foods store, a two acre organic garden, an Integral Yoga School for children and a number of cottage industries where members practice selfless service. There is also, at this time, an Ashram in Santa Barbara, California.

For more information, to arrange a Yoga program for any group, or to be put on our mailing list, please feel free to contact any of the centers listed on the inside front cover. We are here to serve you.

OM SHANTHI OM PEACE

More Letters



*(Continued
from Page 2)*

Guess whose picture is above the desk? Right, our Gurudev's! (It was a cut-off from a lecture poster.) So, the final hours of study are once again "overlooked" (literally, in this case) by Sri Gurudev. It's just one more manifestation of his total care and protection for us all.

The feeling of "centeredness" and inner peace is unusual for me before an exam, and probably for the majority of students. There is no doubt that study of yoga has made this possible.

Watching one's actions in this whole drama is also very exciting and sometimes painful. To work towards the peaceful, useful life of service is a difficult task, but from the little glimpses we've all had so far, it appears well worth the effort. After all, what better example can we find than our own Master? May we all grow in Sat-Chid-Ananda, may we all experience that inner peace and joy. Jai Gurudev!

S.S.M., Pomfret, Connecticut

Dear Swamiji,

This is just a little note to say Thank You. You have just changed my boyfriend's view of the world and have given him a new sense of direction. He wants to stop smoking and eating flesh. Just weeks ago he was "shooting" drugs. This is just from reading a few chapters from one of your books. I hope we grow in Yoga together. Shalom. Love to you.

M.

(Letters Continued on Page 16)



Sri Swami Satchidananda

Growing In The Spiritual Field

Ashrams are the places where you can really evolve yourself in the spiritual way. The other places are there to give you certain experiences. If you want to cook you have to go to the kitchen. If you want to sleep you have to go to the bedroom. If you want to do business, make money and do things, there's a place for that. Each place has its purpose. As Swami Sivananda said, "You cannot attain True Knowledge in the university." University is a place where they can stamp you with degrees, "Man

of Letters, B.A., Ph.D". They bestow you with worldly knowledge.

In the ashram, however, you can really grow in the spiritual field. If people are interested in spiritual growth, this is the place. Some say, "Oh, I can grow anywhere." I have seen such people. We know who such people are, who can grow anywhere. There are only very few, exceptional cases. And they have already gone through the necessary experiences, and also got out of it. They don't need to worry about where to live. Wherever they go

"It's a learning place. We learn from everybody, from every experience. You should think all the others are here to help you, to give you experience."

they create their own environment. They will not get pulled into other whirlpools. Instead they will be able to pull themselves out. But there are only very few like that.

If you want to do other things, make friends and have different experiences, the other places are always there. But, particularly to achieve the inner truth, you don't need to go here and there; you just stick to one place. Just like *asanam* (posture). A real *asana* is staying in one place without even moving. *Sthira sukham asanam* we call it. In the beginning no *asanam* will be *sthira* and *sukham*, easy and comfortable. *Asana* should be easy and comfortable, but in the beginning it is neither. It's terrible! But that is how you begin. Imagine, you are just beginning to learn how to sit in the Lotus Pose. You may even be laughing at the definition, "*sthira sukham asanam*." What kind of person is this Patanjali (author of the *Yoga Sutras*)? How can he say this pose is easy and comfortable?

But it becomes easy and comfortable if you continue to practice, continue to sit. Then, keeping physically still helps

keep us mentally still. Both physical and mental stillness will come when you stay still in one place. That is what you call *asana siddhi*. *Siddhi* means "accomplishment." You achieve an *asana* (stable pose).

In the same way you achieve a place. *Sthala siddhi* we call it. A sincere spiritual seeker will not be changing his position during meditation. In the same way he will not be changing places constantly. By Providence you are brought to one place—stick around there for twelve years. One teacher, one mantra, one practice, one place for at least twelve years. If you could do that, then you become the master. But we don't do that.

Even with practice you change constantly. With *asanas*, teachers and places you change. If you keep on changing, then how can you get spiritual growth?

Sticking to one thing is what enables you to achieve *siddhi*. Many great seekers, having gone to a holy place, would stay there. "Okay, for twelve years I won't budge an inch." They would not even cross the boundary of the town. It all aims, directly or indirectly, at keeping the



mind and senses under control.

We don't change the stomach and the tongue. Why should we change the food? Stick to one thing—that is another *siddhi*. Eat the same thing. Don't look for changes. Ultimately, if you really want something in the spiritual field, you have to keep the mind under control. And the only way is to not allow the mind to get anything and everything it wants. Just give one choice. "This is also enough." "This is the place." "If I say an attic, a corner, then that is the place where you will sleep." Sleep in the same place every day, and at the same time.

An adamant decision must be there. Otherwise, spiritual attainment is just a mockery. You can't get things that easily. You have to pay a great price, which is to keep the mind under tight, tight control. Become the master of your mind.

Stick to a time, stick to a place, stick to a food, stick to a teacher, stick to a practice. We often hear, "I want a little change." Know that it's just the mind. Does your heart say, "I want a little change?" No. If your limbs want a little change,

where will they go by themselves?

We just come and go. That means we come here, learn what is to be learned, then we say goodbye. It's a learning place. We learn from everybody, from every experience. You should think all the others are here to help you, to give you experience. You are not helping them. Every individual should think that way. Then we will be doing what we are supposed to be doing. So never give room to this ego if you are really interested in spiritual things. That is why you see only a handful of people who are really inclined to express their divinity. Others just come and go. But a real, staunch seeker, if he really knows what he wants, will never budge an inch when faced with undesirable thoughts. Nothing will shake him. Because he knows what he wants, he will never move without getting *that*. He'll be adamant.

Yes, very few come with the real thirst, with the real goal in mind. If anyone comes with that goal, nobody can say anything to discourage him. Even if everybody jointly kicks that person out, he will say, "No, I came to be kicked. Why should I

go? That's why I came here. Come on, kick me a little more, you are helping me."

That's what. That's why you can easily have quantity, but not quality. And I want that quality in you. Everyone has that potential. One day you are all going to express that. Why wait for months and years? Why not today!

That kind of courage must be there. Become a good instrument in God's hands. Leave the entire burden on His shoulder. He will prompt you. He will tell you what to do and when to do it. Don't worry about tomorrow or the day after. Live the day well, with all ease. Free yourself from this selfishness.

Become a good instrument. If you are planning something, certainly for the world's sake we have to plan something. We have to plan for tomorrow and the day after. Plan it, but know that your plan is just your own plan, and it will go through only if He agrees. Pending approval. Plan it pending approval. If He approves, fine. If He doesn't approve, fine. Let it go.

We can't say that we have achieved all we want. We still have little difficulties now and then. But it doesn't matter; we will achieve. Get involved in it. You must be sincere in trying hard. Whatever you want to try, you must put your heart and soul into that. Try sincerely, seriously. Otherwise you won't know the depth of it.

You must be sincere in whatever you are doing. Put your effort there. Try in the right line with proper understanding. With all that, if you feel, "Well, this is not my line. I don't enjoy it anymore," fine,

reject it and try something else. That is real universalism. You must be free to choose what you want. If you choose out of your own will, then you will enjoy it, not because somebody tells you to. Convince yourself always.

But once convinced, at least stay for some time. If you are not really seeing some light or you are not really enjoying, sit back and say, "Why is it I am not enjoying? I was convinced before I started. What is it that makes me unhappy? What is wrong in me?" You should think that way, immediately, "Did I work properly?" So there should be perseverance and patience. That's what. We should always remember that.

Everyone is free to choose their own life. Choose out of your own conviction and live up to that. If you can't get freedom in spiritual life, then where are you going to get it? After all, the entire spiritual life is for freedom. With your own free will you come, with your own free will you should practice.

In one way or another get involved in it. It doesn't matter what level you have. Call yourselves Christians, Catholics, Protestants, Jews, it doesn't matter. The labels make no difference at all because we all want to be good and do good.

As my Master says, "The essence of all the teachings is, 'Be good and do good,' because in goodness there is God-ness." I wish you all the best—perfect health and peace of mind. I wish you success in all your noble endeavors, so that you can find peace and joy within to share the same with everyone. Thank you and God be with you. *Om Shanthi. Hari Om.*

The Glory of Ashram Living

An ashram which is run by a selfless Yogi who is a realized, liberated soul is a dynamic center of spirituality. It is a center for the spiritual uplift of thousands of people. A correspondingly large amount of spiritual force flows in and stimulates the spiritual faculties of those who take part in the common function. Greater the number of persons, greater the thought forms, and greater the flow of inward spiritual faculties. Spiritual entities, eternally perfect beings, are present in those places where common spiritual functions are conducted. Like attracts like. This is the Divine Law. Sages and Yogis will transmit their vibrations to such places.

Further, the simultaneous effort wonderfully harmonizes the vibrations of their bodies and minds and consequently makes them more receptive. The five *koshas* (sheaths) vibrate rhythmically. When there is rhythm or harmony in the



vehicles, meditation or super-consciousness comes without any effort. Their attention is focused or riveted on the same point. They think and feel in unison. Therefore they stimulate one another.

When several people join to practice meditation or sing the names of the Lord, a huge spiritual current is generated. This purifies the hearts of the practitioners and the atmosphere,

elevating them to the sublime heights of divine ecstasy. Common spiritual practice has this particular advantage. These magnanimous and powerful vibrations are carried to distant places, bringing elevation of mind, solace, strength and peace to all people, working as invisible harbingers of peace, harmony and concord. The powerful, soothing, beneficial vibrations will bring Peace and Bliss to the whole world.

Special tranquility and bliss results from collective *sadhana* (spiritual practice). Even if there are only six members, collective *sadhana* must be done.

Members will have special enthusiasm and interest in collective *sadhana*, otherwise individually they are likely to be overpowered by sleep and procrastination. Collective *sadhana* such as common meditation, common prayers and common *sankirtan* (chanting of holy names) are more potent and effective than individual *sadhana*. When people join together to practice meditation or *sankirtan*, you get the combined, massive effect produced by the simultaneous efforts of all those who take part in the common, spiritual practice.

If dust is in the company of wind, it soars high in the sky; if it is in the company of muddy water, it becomes a dirty mire. If air is in the company of jasmine, it wafts a sweet aroma; if it is in the company of excrement, it disseminates a foul odor. Even so, if one is in the company of a sage, he attains to knowledge and soars high in the realm of eternal bliss. If he is in the company of a rogue or a drunkard, he drinks and commits vicious deeds.

In the East, students are always advised to seek the company of holy men and listen to their conversation, thus fanning a little spark of love and earnestness. Only a strong soul can keep itself glowing in isolation, and the beginner will do well to take the opportunity that comes his way to strengthen his own aspirations by communion with others who share them.

Satsang (association with the good) is a tremendous help for the attainment of liberation. *Satsang* with a sage even for a minute is much better than rulership of a kingdom. It gives all that is desirable and good. It

overhauls the old impressions and vicious thoughts, and gives a new, spiritual turn of mind to the worldly man. Destroying delusion and instilling dispassion, it leads one to the right path and causes the sun of wisdom to shine upon one's mind. If you can have *satsang*, you need not go on any pilgrimages. Wherever there is *satsang*, the holy places are already there.

There is nothing so inspiring, elevating, solacing and delightful as *satsang*. *Satsang* is the greatest of all purifiers and illuminators of man. Faith in God, in scriptures, attachment and devotion to God, slowly develop in those who are regular at *satsang*.

First comes keeping company with the righteous and good men, and serving them. By such company and service, there dawns the knowledge of the essential nature of one's Self, and of the Divine or Supreme Self. Then comes *vairagya*, or a total dispassion for everything of this world and of the next, with a yearning for the Lord. This is *bhakti*, or devotion. When devotion becomes strong, the man becomes the beloved of the Lord, and because of such dearness to Him, he is chosen by Him. Then comes the direct vision of the Lord.

It is very difficult to get a human birth. The aim of life is to attain God Consciousness. Use every second. Start your *sadhana* with zeal and enthusiasm and march direct to the Goal. Realize the *Sat-chid-ananda Atman* (Existence-Knowledge-Bliss Self) through self-sacrifice. Live for others. You will then attain the state of blessedness.

Om Shanthi, Om Shanthi, Om Shanthi.

Steering Your Own Ship

Sitting in the darkness of the Universalist Church, in New York City, I was listening to Swami Satchidananda lead the closing chants. "What a nice man," I thought. Understanding that he was a spiritual teacher seemed far from my consciousness.

But not much later I joined the San Francisco IYI, and have since lived for eight years in his institutes and ashrams on the West and East coasts. As I've experienced different jobs and responsibilities, and changed from being single to *Sannyas* (renunciate life), my understanding of Sri Gurudev's role as a spiritual teacher has grown considerably. Because he is the person behind all these places and roles, one could say that he is the one responsible for changing my life. Which he is—but in a much deeper way than merely changing my residence or occupation. Perhaps the greatest lesson he has given me is that I can change my own mind.

Up to the time of this invaluable lesson, I felt myself to be the victim of circumstances which

I could never comprehend or accept. Unsatisfied longings seemed to be my inheritance, and with them a great dissatisfaction with my life in general. Of course, I was hardly alone in this dismal outlook, but others did not seem able to help. The feeling of not being able to change my way of seeing was so subtle that it did not even come across as such. I didn't say to myself, "I wish I could see things differently." I just didn't know that I had a choice.

I accepted as fact that there always would be waves of intense happiness followed by great depths of depression in an otherwise dull existence. One's state of mind was just accepted and, of all things questioned in this life, this attitude was the one thing never questioned!

Only gradually did Gurudev's joyful, positive approach to life make way through the layers of agitation clothing this mind. Once, at a retreat in Santa Cruz, I listened as he so lovingly answered a young man's question. Listening, *feeling* Gurudev's

love, I realized that he loved the young man without even knowing the "particulars" of his life. "Why should he love him, then?" The question at first filled me with great anxiety, and then with great hope, as it reverberated in my mind. In that moment, as I realized there was no answer, I was the child standing with the parent. He just did love the young man. And, in fact, he loves us all; I became overwhelmed with tears.

The day finally came when I experienced that I could change my mind, that I could see things in another way. I had been looking at something I wanted, feeling that I could never have it, when the old, familiar sadness began settling over me. All of a sudden my mind offered, "You don't have to feel this way, you know. Because, the way you're looking at it makes you feel the way you do."

The relief that came over me is impossible to describe. "I don't have to feel that way. I have a choice!" For the first time I was not the victim of circumstances. I was the captain of the ship which was my mind. Since then, of course, the lesson has reoccured countless times. The feelings of agitation, the analysis, and then proceeding with a little more understanding. But whether or not the ship slipped off course, or foundered, I knew that I was the captain and not just a passenger. I also found that having a job to do was beginning to make the voyage more interesting.

As soon as there is a job to do, the ego says, "Okay, I want to do it *right*." So I began peering more intently at our beloved Guru. "Hmmm. He seems

to steer his own ship so gracefully and easily, the energy flowing so clearly in his words and actions. How did he do this?" How much of his advice could I really follow? To which practices could I relate so that I would arrive at the same understanding?

The questions eventually draw their answers. Now the years of being with Gurudev have borne fruit in a great trust which is beyond my conscious mind. He is my friend, my father, my Guru, to my great good fortune. I try to act in situations as he would act, feeling my feminine nature unite with his strong being, my arrogance melt in the face of his compassion, my fears become ashamed in the light of his courage.

Feeling him serve, and serve and serve, we learn from him how to grow. In a parable, the bear cub squints as it watches its mother climb the tree. "No way," it thinks as the mother climbs with ease, "not for me". Yet the ability to do so lies in its own genes.

Swamiji shows the possible in us. Perhaps we cannot reach his capacity to do and be, but our feelings can be the same. The joy is potentially there for us all. Indeed, this seems the heart of his message to us.

Which possibility can sometimes be scary. Our old habits, while binding us, are yet more comfortable than new habits which can free us. If you are the victim of circumstances, then you don't feel much responsibility. If you're the captain of your ship, it's an entirely different matter. One time I was watching Gurudev being seated in an airport terminal. The devotees were immediately sitting down around him, looking

to him with expectation. "My God," I thought, "he's so alone". I felt a chill of fear, because what was true for him must also be true for me. The captain is always up on the bridge by himself.

"Wake up," Gurudev is saying, shouting, whispering, encouraging, exhorting in words and indicating by example. And slowly, it seems, we first stretch in one direction, then another, rubbing the sleep from our eyes. After falling back for a short nap, we then stretch again, perhaps more vigorously. And on it goes, the wonderful drama with this incredible teacher. "Wake up!" That's what we want, but the resistance indicates that it will yet take some time, or lifetimes. No matter. The process is happening, and we have the joy that this is so.

Opening to Gurudev's teaching brings the knowledge that

the teachings can come from all around us, not only directly from him. What is that brother or sister saying? Isn't that what he would have said? Ah, the ego says not to listen. But the truth is the truth, is it not? Every interaction of the day can prove useful. The captain, standing on the bridge, uses every signal to steer his course. Whether it's the water, the wind or the clouds, he just has to pay attention and not abandon the bridge.

It's been ten years since I first sat in the darkness of the Universalist Church, listening to Swamiji chanting. I feel a gratitude which sometimes overwhelms me, to that same One who is leading me to my beginnings, who shows me the truth of my existence. At his feet, my life now unfolds more and more joyfully.

BLOSSOM ONE

Beloved One,

*This fear-fraught, taut child
Clutches fiercely forms that seem so real, failing
To perceive their inherent fragility until
They crumble in a too-tight clasp.
With this last (the lesson learned) I lean
Toward the One form that seems most You.*

*Unpry my grasp, I pray...
To my relief, relentless Your pull
From this dream*

*of
whirling
world*

Into the vast steadfastness of Your heart.

-Abhayananda Ma

Yoga Is Lifestyle Therapy



It is surprising and ironic that the average American doctor lives five years less than the average American. Good, old family doctors have an even shorter life span—probably because they have the most stressful lifestyle.

I never smoked cigarettes until I got to medical school. Because of the pressure, which still characterizes the training of our healers, I soon became a chain smoker. Medical school runs at a frantic, pressure-cooker pace—125 hour work-weeks, no exercise, little relaxation and a hospital environment with no windows and stale air.

What is extraordinary and paradoxical is that hospitals are set aside as a place for restoring one's health. Yet, most patients enter the stress-filled environment of a hospital precisely because of stress-caused smoking, drinking, overeating and other such symptoms.

A few students are beginning to express interest in the relationship of lifestyle to disease. What has been taught in medical school is mainly about drugs and

how to use them. Is there too much fat in the blood? Give the patient a drug to lower the fat level. The meat eating, at root cause, is not dealt with much. (Most doctors now consider it hopeless to change a patient's diet or are sceptical of the relationship of diet to disease.) Poor circulation in the leg? Bypass the block in the artery with a difficult and costly operation, but hardly ever tell the patient to stop eating the hamburgers that put the blockage there in the first place. Maybe, in passing, just mention the cigarettes that aggravated the condition.

While in medical school I read a transcript of a talk by Swami Satchidananda. He was on the same program as someone who was urging the use of marijuana and L.S.D. to "open up" your consciousness. I'd had some experience with drugs and felt really frustrated with them. They certainly "opened up" a lot within you, but provided no direction in life and no answers to questions about the purpose of being, or the purpose

of living in a human body.

During his part of the program, Swami Satchidananda was saying that you are born with natural ease, and when you lose that ease you get dis-ease, disease. Something in me said, "Oh yes! He has gotten to the root cause of all diseases!" We already have health, but we disturb it through wrong attitudes. Then we compensate with cigarettes, alcohol, over-eating or meat eating.

Swamiji also talked about how, in the attempt to understand life, taking drugs is a shock to the psyche. It may get you up there but, like an atomic bomb, it shakes up your nervous system. Something else that he said especially struck me, "If you can't take a pill and learn to be a doctor overnight, how can you expect to take a pill and learn to be a saint?" I wasn't necessarily trying to be a saint then, but I wanted to know what was going on. What is the purpose behind all this living and suffering? No one had previously been giving me any direction.

Yoga develops specific therapy to reduce stress and to develop health-keeping and health-restoring life-style habits. There is a message here. You might even say that yoga is life-style therapy. It offers something positive to do for maintaining the health of the body and mind. It is the alternative to waiting for diseases to occur and then trying to treat them with drugs or even with the more natural "therapies". Here is *primary prevention*. We don't wait for the horses to run out of the stable and then try to get them back. Rather, Yoga helps us keep a tight rein on our living habits so that we can

stay in harmony and tranquillity. It does so by getting us in tune with what was always there.

One of the most novel of the practices which I encountered, on my first Yoga retreat with Swamiji, was the *silence*. Everyone on the retreat keeping the silence gave me such a surprising feeling of peace. Usually we don't realize how much energy we use just to speak, but being silent for a whole day helped so much to calm my mind. From this practice alone, the energy will well up. In the resulting calm, the answers do come; in such a calm state, a person can stand back and take a fresh look at one's life-style and living habits.

I've always felt great awe in studying the human body, because it's so beautiful, and I feel that I can see more clearly the spirit behind the universe. It's wonderful how the bodily organs all do their different work. And yet they work together, just like the entire universe lives in harmony. Also, there is the lesson from the heart—it rests between beats. A Yogic lifestyle would provide that same rest for the body and mind. The resulting focus and rhythm of our actions would then be like that steady heart-beat.

I feel there are two ways to deal with the stresses of our lives. One is to reduce the stress directly. For example try changing the work environment. Bring in some plants, then enjoy the soothing green colors as well as the fresh oxygen. Find some pictures which are *inspiring to you* and put them on the wall. Try opening all the windows once or twice a day; bring herbal teas to your office or factory. Sometimes, even work-

ing fewer hours or changing jobs may be necessary or beneficial.

The second approach for dealing with stress is to *make ourselves stronger* to resist whatever inevitable calamities may occur. Here is where yoga postures in the mornings and evenings will strengthen us. We need that help because of our wrong attitudes of complaining against reality rather than enjoying the drama of living in this world. Stress begins in the mind and progresses to the body, where the muscles begin to stiffen. Then *Hatha Yoga* becomes necessary to squeeze out the stiffness of the body, and meditation becomes indispensable to relax the stiffness of the mind.

There is a Zen proverb: "Before Enlightenment, chopping wood, carrying water. After Enlightenment, chopping wood, carrying water." Yoga practices have served me as a lifeline to peace and relaxation amidst the stresses of medical school and medical practice. As more of us

live near or within ashrams or small groups, we can now begin to live in stress-free ways and to heed the ancient, still bold advice, "Physician, heal thyself!" The Yoga community has begun to serve as an example of less stressful, lighter and *Enlightened* life style. May the healers of the future be those who know the secrets of longevity and can live those teachings. May they demonstrate this truth in their own lives.

Our Integral Health Services in Putnam, Connecticut is in the process of planning an environmentally designed medical center near Yogaville East. There we hope to show how the architecture of the building can be designed and then constructed so that earth, air, sun and the entire nature are used to encourage health and well-being. If you have any suggestions for such a design, other ideas or any contributions, please join us in implementing this center for health.

MORE LETTERS
FROM OUR READERS

(Continued
from Page 4)

As if this beautiful Indian Summer day could have been better! I should have known better. The mail arrived and the *Integral Yoga Magazine* arrived. If it would only arrive daily like the newspaper. Please pass on my thanks to the makers of the magazine. My love to Gurudev who brightens my every day. Om Shanthi. C.S.

It would be nice to see a little booklet published with the title, *Satsang on Genesis*. It could also be called, *In the Beginning*. Gurudev's interpretation of God "getting bored" by Himself, right up through the apple, would make wonderful reading for the many people who have not been so fortunate as to hear Gurudev tell it himself.

May I humbly thank you for your magazine, which is a timeless pleasure for me. I recently purchased several back issues and found that they never go out of date. May you be filled with Peace and Joy always. Om Shanthi, Shanthi, Shanthi. L.S., New York



Cold Season Hints

In the cold months, certain foods will supplement our Yoga practices and keep us warm. Proper use of spices will not only heat the body but also improve the circulation. Use the spices in small amounts to enhance flavor and stimulate the digestion. Before adding anything else, roast the spices in a pan for 5-10 minutes, either dry, or in clarified butter, or in oil. Also, because fresh foods are not as available in this season, you can use more grains and legumes. Dried and stored grains can be soaked or roasted to bring out the flavor and make them more digestible.

Recipe for Kichari:

This is a wonderful, Indian mixture of grain, *dhal*, spices, and sometimes vegetables—a complete protein delight. Not only is it truly simple and satisfying but it is inexpensive. Preparation is about an hour.

1 cup *dhal* (split mung beans)
2 cups *basmati* or brown rice
6 cups or more of water

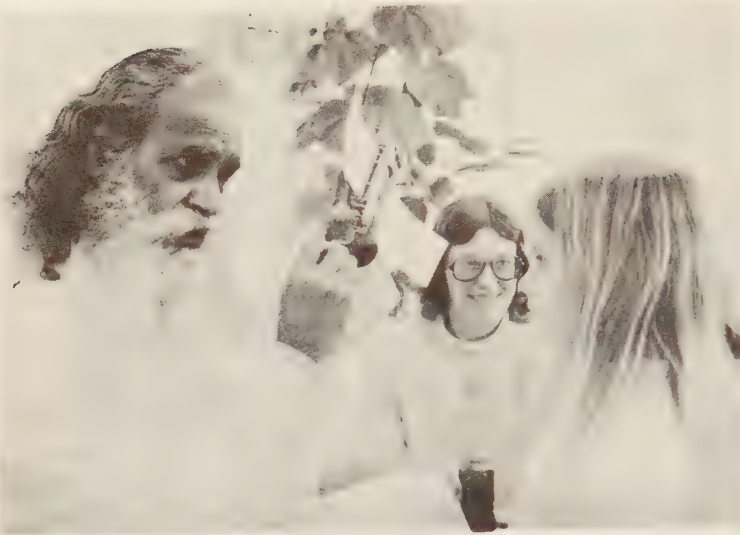
1 tsp rock or sea salt
1/2 tsp turmeric powder
1 tbl *ghee* (clarified butter)

Optional:

1 tsp ground cumin
1 tsp ground coriander
1/4 tsp black mustard seeds,
 popped in *ghee*
1 small minced onion
1 tsp fresh minced ginger
1 medium peeled, minced tomato
1 cup cubed vegetables of your
 choice: white or sweet
 potatoes, carrots, broccoli,
 cauliflower, etc.

Rinse the *dhal* and rice separately, removing cracked or discolored seeds, or any twigs. Bring a large pot of water to a boil, add *dhal* and rice, lower the heat, and let simmer. Then add salt and turmeric and cover. After 45 minutes, check if a little more water is needed. The *dhal* and rice should now be quite soft. At this time, add any optional ingredients, turn off the heat, add *ghee* and let sit covered for 10-15 minutes.

Serve hot. If you like, *kichari* may be served with a touch of yogurt.



Going To School In An Ashram

Swami Sarvaananda Ma

*A MUSIC BOX THAT PLAYS
HARI OM*

Sri Gurudev with Principal Swami Sarvaananda Ma and Student Bala Otto.

Less than six months have elapsed since the "serious" fundraising in April and the actual opening of classes. September 18 marked the opening of the pre-school, which had gotten a new "face-lift" in its existing space in the ashram. Sri Gurudev presented the children with a large panda doll, "*pushpa*" (which means "little flower"), as their new play-mate, as a small crowd participated in the festivities. Ready for use was a three-tier loft, plenty of blocks, trucks, fish, hamsters, a play kitchen, an art corner, a reading space and a quiet resting spot. Also ready was the curriculum and materials that would help prepare the children for living in a yogic manner—mentally, physically, socially and emotionally.

Karuna Pirrotta, the loving teacher, has been a shining inspiration from the start of the first play group. The children, ages three to five, have been meeting every morning from 9-12, expressing their feelings in the "magic circle" and playing games where they learn to share and

cooperate with each other. Even at this early age, they are learning that a person can be responsible for one's own actions. Sri Gurudev has well named this group as the "Light of Yoga". If you spend even two minutes with the children, you can feel the strong and loving vibrations, sense the feelings of self-worth and well-being. Yes, you will truly see that here are shining lights of pure joy.

The "upper division" of the Integral Yoga school opened on the auspicious day of October 9, the first day of Navaratri, which is a Hindu celebration of the concept of the Divine Mother. The festivities began as Sri Gurudev cut the "package" which was actually the school room. When he finished cutting the ribbon, fifteen voices inside the "package" chirped a loud "Surprise!" Opening ceremonies then began with prayers for the well-being of all, blessing of the room and the children, remarks by Sri Gurudev and heartfelt Thank-Yous for those who had provided much of the physical labor. John Greene, headmaster of

the Rectory School and member of the Integral Yoga School Board of Directors, gave a most inspirational talk. He emphasized that the love and attitudes in evidence at the Integral Yoga School were really the best of what one would hope to find in a school.

Sri Gurudev inscribed a copy of *Integral Yoga* for the school—"May the Goddess of Wisdom bring all success and Glory to the Children, Staff and Integral Yoga School. In Her, Swami Satchidananda, Navaratri: 1978". Filled with His blessings, that book was left open on the school altar for all to see and is now a part of the school library.

After that inspiring morning, refreshments were served and the grownups left. Now school could really begin!

The upper division opened with seventeen children, 5-14 years old. The large, open classroom, formerly the ashram garage, has been completely converted to a beautiful learning facility for the children. The interior space centers on two warm-brown rugs, low and high tables and an art area. Surrounding that are a fully equipped kitchen and twelve bookcases packed with equipment and a great variety of learning materials.

Prominently located on one side of the classroom, the Integral Yoga altar, complete with symbols of the major world-religions, is a major focus of the daily activity. The day begins with lighting the altar candle, chanting, and a morning circle of sharing. Language arts follow with outdoor play, *Hatha Yoga*, mathematics, cooking and a story. On Thursdays, the children participate in community service

which, at times, has included visiting the L.O.T.U.S. site and joining with adult ashramites in field work. The adults also act as regular, visiting teachers, telling stories of great religious leaders or sharing of their special and diverse knowledge.

Daily, students and teachers prepare lunch together and then eat in silence. The vegetarian meal is then followed by cleanup and a rest period. In the afternoon, activity focuses on art, science, social studies and ponies. (Among special, ongoing projects is a puppet theatre which is currently being built by the children for their reading project. Another group of children has just completed the videotaped production of a science fiction story with a moral.) And at 2:45 pm, all too soon, the afternoon session closes as everyone joins in a circle for some closing songs or chants.

Throughout the day a spirit of cooperation prevails. Combined with that yogic approach, the children are also encouraged, as individuals, to do as well as they possibly can, and yet not at the expense of their brothers and sisters. If the children have disagreements, they are worked out in the presence of all concerned individuals. Normal, active and healthy, these children enjoy the bonus of going to school in an ashram; they clearly have an inner sense of purpose and knowledge that they can realize their True Self. Their *Hatha Yoga* improves daily, as does their ability to concentrate on beginning meditation, both of these practices enhancing their studies in other areas. They are truly a continuing

source of inspiration to us all.

The children seem to be doing most of the real teaching by showing us, through their examples, how well people can work together and serve each other. Also, they show amazing powers of concentration in their tasks. The four teachers—Sadasiva Greenstone, Swami Satyananda Ma,

Swami Sarvaananda Ma and Karuna Pirrotta—spend each day in wonderment at our blessing to be learning from these beams of light and joy. It is a true *sadhana* (spiritual practice) to see that the children's every act be as clear as possible—to help them make each activity peaceful, easeful and useful.



Faculty and students of upper division before the Integral Yoga school altar. From upper left, teachers: Sadasiva Greenstone, Swami Sarvaananda Ma and Swami Satyananda Ma.

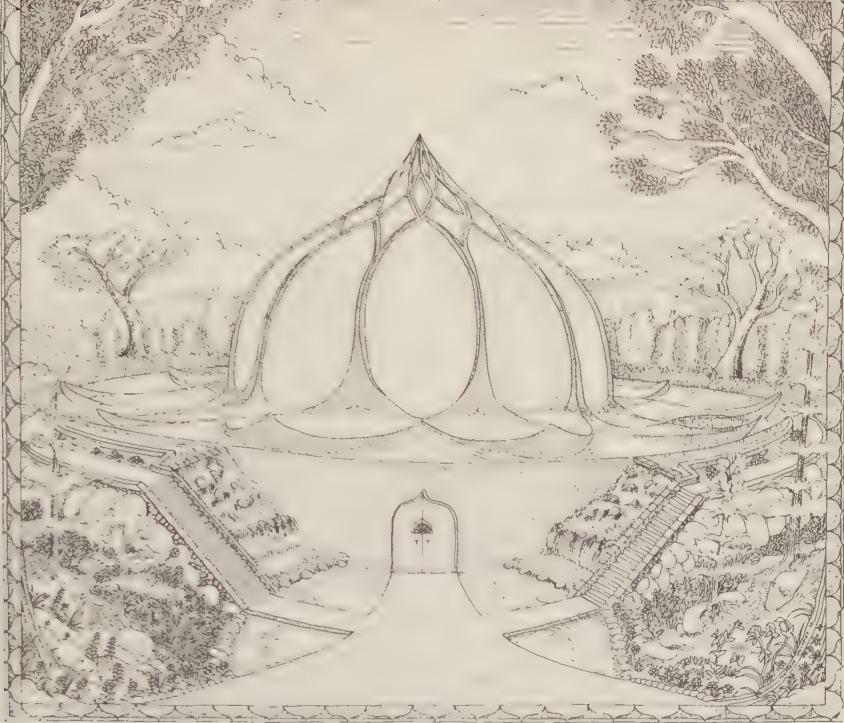
All this would not have been possible without the blessings and direction of our beloved Sri Gurudev, without His tireless energy and strong, unremitting support.

We also wish to thank, for assistance in fund raising Niranjan Mishan, the New York painter who has been a prime inspiration for us all. He has donated much of his art work, including special portraits of Sri Gurudev. Much more than the outward demonstration of service and giving, he has led us all in recognizing the joy of selfless service and in maintaining the attitude of "What one needs will be manifested." We cannot express our true feelings for this member of the Integral Yoga School.

For their efforts in every

area, we also want to thank Ramakrishna Sackett, Achalan France, Mukta Devi, Kali Rosenblum, the New York IYI family, Nitya Mishan, Vida Bendix, Deena Hoffman, Meera Alexander, Kalyani Neuman, Nancy and Paul Condylis, Jim and Valli Milstein, Girija Vecchio, Sundari Wiig, Mr. J. P. Colom, the parents, the ashram community, and a beloved friend of the children, the late Mr. Nicos Hadjigeorgiou.

Let us also thank the many tireless workers, who gave without restriction day and night—also any other benefactors whom we might have omitted inadvertently, or through lack of space. The children will be showing their thanks, through their actions and growth, for many years to come.



Drawing by Maitreya Stillwater

The L.O.T.U.S. Is Unfolding

Swami Jnanananda Ma

*"When the man begins to sight,
The glorious Inner Light,
He drops all ego's fight,
Knows the Mission right,
Does everything in delight,
He ever simply feels light."*

*May the Light of lights
Light all our lives!"*

-Sri Gurudev

The Light of Truth Universal Shrine, L.O.T.U.S., was described in the Dec. 1978 issue of *Integral Yoga Magazine*, and we are continuing to inform you of its progress. The architectural plans have been revised so that the lower floor is decreased to 56 feet across, which is the same size as the upstairs level.

Instead of a library, it will have an open hall for satsangs, or spiritual gatherings. (In the future, we hope to build the ecumenical library nearby.) The upper floor still houses the Eternal Light surrounded by nine alcoves for the altars of the various religions. Including the outer petals, the diameter of the entire L.O.T.U.S. shrine remains at 108 feet.

From all over the country, devotees are offering their abilities and resources. Some are building models, submitting artistic renderings and compiling slide shows. Milton Ward, a professional fundraiser from New York, is presenting his ideas for what he calls, "Swamiji's

Magnificent Obsession." Gurudev seems to find a touch of the L.O.T.U.S. in everything. Even on Halloween, he carved a pumpkin into a lotus.

In Santa Cruz, Robin Haines unexpectedly arranged for a Ravi Shankar Benefit Concert for the L.O.T.U.S.. After reading the last issue of our magazine, Robert McComber of Florissant, Missouri, generously offered his expertise to install the shrine carpeting. Raymond Green, landscaping student from the University of Connecticut, is offering designs for the surrounding park. Niranjan Mishan of New York has donated another fruit of his creative energy, a glorious painting of the All-Faith Lotus. Girija Vecchio of Connecticut has submitted lotus flower designs for stationery, and her painting was used for the December magazine cover. A highly talented commercial artist, Tim Barrall, has illustrated the All-Faith L.O.T.U.S. cards which are now available at the Institutes and Ashrams. In their earnestness so many have come forth, inspiring us and reaffirming that this project is God's work.

At the site, as much clearing as possible was done before the snow fell in December. The long-awaited wood chipper arrived, and the massive brush piles can now be cleared with ease and efficiency. In the fall, while Gurudev was in Connecticut, he led us in clearing the forest. His concentration and enthusiasm for the work spurred us on to stretch beyond our capacities. It is all "a fun" for him whether he is enjoying God's masterpiece of autumn foliage or working among chain saws and flying wood chips. After an entire

morning of chain sawing, Gurudev shows no sign of fatigue (or hunger) as the group makes an effort to keep up with him well into the lunch hour. In his presence, we quickly learn that there is no time for hesitation or inertia. "Make hay while the sun shines." Even the idea of doing our usual noon meditation at the site was abolished by Gurudev. "This land is for working, the temple is for meditating. You can meditate here in action."

Misuse of energy is especially unacceptable to Gurudev. When five ashram men were unsuccessfully using a crowbar to move a huge boulder, Gurudev soon reprimanded them for working against each other. To their amazement, he then simply and easily dislodged the rock. Although one may feel foolish as Gurudev exposes unconscious action, one realizes the great benefit of such a teacher. He gives us glimpses of his insight and capacity to change something ordinary into extraordinary. One day, as we were ready to leave the site, Gurudev had us saw off the unwanted parts of an abandoned, gnarled tree stump. Before long, an unusual sculpture was ready for delivery to the ashram. And just as he turns a stump into sculpture, Gurudev uncovers the highest potential in us through his constant lessons and example.

There continue to be opportunities for participating in this gift to mankind. If you wish to help make the L.O.T.U.S. a reality, please contact Yoga-ville East or West.

"L.O.T.U.S.: a Lot of Us working together to build a universal shrine." -Sri Gurudev

DAY-BY-DAY WITH SRI GURUDEV

August - October 1978



The Lazy Laser

Sri Gurudev arrived in Los Angeles on Wednesday, August 24. Leaving the airport with some of his L.A. devotees in the car, he asked, "Could we stop at Ananda's store? Do you know the way?" "Yes!" the devotees answered joyfully and off we drove, but in the wrong direction! After three stops for directions, we were finally straightened out by a mechanic.

On Thursday Gurudev looked at land prospects for the new ashram, and on Saturday returned to L.A. for a photo session with Tom Kelley (see *Dec. 1978, Page 38*). Later, after visiting an electronics shop, possible site for a new food store, he was whisked off to a laboratory at U.C.L.A. to see some machinery used in plasma-physics experiments. When Ken Young, the guide, attempted to fire the laser, it failed to go off. "The laser is a little lazy today," Gurudev quipped.

Yoga For Healing

The same day, at the invitation of the Mandala Wholistic Health Society, Gurudev flew to San Diego. He was met there by Dr. Sandya Gouger, a devotee, and by Mr. Jay David, the society's Conference Secretary. Sunday morning he was introduced at the conference by leading neurosurgeon, Dr. C. Norman Shealy, who expressed his observation that Gurudev is in a "constant state of joy."

That evening the spiritual healer Dr. Olga Worrall got up to speak and, instead of walking to the platform, went directly to Sri Gurudev. She asked him to come to the platform and be

her "battery". For the rest of the program, Gurudev sat quietly with Olga, his very presence energizing the proceedings.

Sunday morning Gurudev addressed the entire conference and on Monday led an all-day workshop on Integral Health, for which numerous people signed up. The participants were avid and eager to learn from Sri Gurudev. Many questions were asked about psychological needs, desires, relationships and our spiritual well-being.

Later in the afternoon, he spoke about the relationships between men and women, emphasizing that fighting between the sexes is unhealthy. In the spirit there are no differences, only in the bodies and minds. The true liberation is from selfishness and wrong understanding.

-Swami Divyananda Ma and Dr. Sandya Gouger

Sivananda Jayanthi

Back in New York City on Thursday, September 7, Sri Gurudev joined Rabbi Gelberman at the annual "Swami and the Rabbi" talk. It was the tenth such gathering for this now-historic dialogue. Once again, Rabbi Gelberman told the audience that probably in a past life he was a Swami and Gurudev had been a Rabbi.

On Friday, the birthday of our Master's Master—Sri Swami Sivananda Maharaj—was celebrated in a New York University hall. It began with an *arathi* (light-waving) to the huge, tinted photograph of the Master. Seeing the humility and devotion with which Gurudev approached and garlanded even the photograph of his Master, we could

only imagine what devotion he has to the Master himself.

Later came a special slide presentation by Rama and Sita Roosevelt, Paul Condylis and Shanthi Zupan. It portrayed the life and work of Master Sivananda, partially through slides of us, his grandchildren in Yoga.

Next, Swami Nadabrahmanandaji and students of the Institute of Self Development performed, and a huge cake was brought on stage. Gurudev and Swamiji were given fans to "blow" out the candles, Gurudev laughingly protesting that he didn't need the fan. He then spoke, so simply and beautifully, about his Master's universality and interest in spreading the teachings of Yoga in the West. "Many of the *swamis* and *sadhus* used to call him 'English Swami'. Forgive me if this offends anyone, but they thought of English as a barbarian language. But he didn't mind as long as he could serve more people."

Give Even Without Being Asked

On Saturday, Gurudev attended the Integral Yoga School benefit concert and auction. In a short *satsang* he shared with us his special love and concern for the children—how almost any sacrifice could be asked for their sake. In fact, why do we even need an auction or a special fund-raising event? As soon as people hear of a need, they should simply give as much as possible without waiting to be asked.

Two special performances were offered, one by Vida, who took us around the world in song, the other by Deena, who took us around the city in mime.

A gallery of original paintings

by Niranjan Mishan were the main items at the auction. Included were a lively black and white drawing of Master Sivananda. Also, there were two pastels of Sri Gurudev which vividly portrayed both the spirit and humanness of our Master.

—Swami Abhayananda Ma

Bill Boggs Show

On Sept. 8, Gurudev appeared on the Bill Boggs television show in New York. In his usual respectful, interested manner, Mr. Boggs questioned Gurudev and also expressed his appreciation for Gurudev's book, *Beyond Words*. Gurudev was relaxed and light-hearted during the hour program, bringing an aura of sweet gentleness and humor to the studio.

He enthusiastically encouraged Jack La Lanne, another guest, for his interest in discipline and positive thinking. He also advised one of the Smothers Brothers that smoking even a "little" marijuana was equivalent to putting a "little" dirt into the system.

Taking a question from the studio audience, Sri Gurudev gave his advice on the treatment of depression. He recommended deep breathing to calm and refresh the body and mind.

Two of Gurudev's early friends in the United States were also present. Atman (Peter) Max testified how Gurudev had influenced his life and completely transformed his art. Arjuna Zurbel related how Gurudev's advice had affected his experiences in business.

In his loving peaceful way, Sri Gurudev had once again shared the Yogic teachings with many thousands. —Editor

Jayanthi of Master Sivananda at New York University Hall: left, Sri Swami Nadabrahmanandaji and students perform; right, Sri Gurudev gives main address.



School benefit auction: left, Swami Dharmananda auctions paintings; right, Vida Bendix in concert.



On Midday Live, a New York area television show; (from left to right) host Bill Boggs, Sri Gurudev, Jack La Lanne, Dick and Tom Smothers.



Sri Gurudev, Dr. Lewis Thomas and Deenabhandu Ornish.

On September 13, Sri Gurudev met with Dr. Lewis Thomas at his New York office. Dr. Thomas is President of the Memorial Sloan-Kettering Cancer Center, which is one of the most highly regarded cancer research laboratories in the world. He is also the author of the widely acclaimed book, *The Lives of a Cell*, which earned him a National Book Award in 1975.

Deenabhandu Ornish had arranged the meeting. A long-time student of Swamiji, he is presently completing his medical degree in Houston, Texas. During the past year, he has been conducting a unique research program, under the guidance of Swami Satchidananda, using vegetarian diet and yogic practices, and has had encouraging, successful results.

Doctor and Swamiji talked, laughed, agreed and occasionally disagreed. There was an air of mutual respect, and curiosity, between these two great men. Deenabhandu showed a video program of heart patients who were discussing the effects of the research project in relieving their pain. The techniques used were complete vegetarian diet, simple Yoga postures and breathing, meditation and an environment which encouraged them to feel less like victims and more capable of improving their own health. They were also asked to stop using cigarettes, alcohol and coffee. Of the twelve patients taking part, ten were now *completely freed from heart pain* (most after years of constant or recurring pain). The remaining two patients had

their pain greatly reduced.

Dr. Thomas discussed the heart program with an open mind—neutral yet piercing intellect, and vibrantly alert—the attitude we normally call *Yogic*! He appreciated the study for gathering what he feels we need most—more documented evidence. Swamiji and he agreed wholeheartedly on the valuable role played by the mind in the treatment of disease. The doctor also shared his vision of a research project which would clearly show how the mind influences the body.

At times, it was hard to tell who was the scientist and who was the sage. Their discussion covered everything from preventative medicine to the role of God in giving us free will!

By the end of the meeting, it was very clear—Science and Religion do have a lot to talk about. —Shanthi Norris

Surgical Advice From The Guru

On September 22, Sri Gurudev, accompanied by Atma and Jothi Hansen, arrived at the Santa Barbara, California airport. Symbolically, the airport, which was being repaired, was in a state of disorder. As devotees tried to reach Gurudev, they struggled with an obstacle course of construction fences. With infinite patience, Gurudev was observing our confusion.

After little Kumar Plocher presented him with a *Sivaram* pen, the delighted children stretched out their hands for an inked *OM* from the Guru. Then, as Turiyanandaji was driving Gurudev on one of several routes to La Paz, our ever-vigilant Master took the opportunity to teach a lesson—one

which became the theme of the entire visit. "Analyze everything you do. Consciously know why you are doing something. Know the distance and time for each route and find out the best way to go."

A couple of days later, Sri Gurudev visited the ashram. People were seeking Gurudev's guidance and hard teachings were necessary. Someone later commented that the displeasure on Gurudev's face mirrored the still unchallenged grime and dust of our hearts and minds.

Gurudev sternly reminded us to clarify, simplify and organize our actions and service, and to observe how the world teaches us this lesson. He would like to see us serving well, completing our tasks and growing in our responsibilities.

At a later date, in Los Angeles, he gently reminded us that stern teaching isn't necessary when students are thorough in their duties. Ashram members themselves should see the needs and reorganize wherever needed. The short, but eventful, visit had left the feeling, as expressed by Swami Turiyananda, that major surgery had taken place and, according to doctor's order's, the wound is being exposed to the light to allow a good healing.

—Krishnadasi Mouw

Visiting Master Subramuniya

On Saturday, September 23, Gurudev and a few IYIers visited the *Ganesha* temple. A small group was waiting to greet us, including some children who stayed perfectly quiet during the visit. Gurudev introduced us to Master Subramuniya who received us with joy evident in his glowing face.

*Sri Gurudev and
Master Subramuniya*



After a *puja* (worship service), Master Subramuniya related to us how he had waited ten years before starting to teach in America. "In those days, Yoga was either yoghurt or standing on your head, but now thanks to Swami Sat-chidananda that has all changed."

In a *satsang* about *Ganesh*, Gurudev mentioned that the deity's large, elephant head forms a Tamil *OM*, thus representing the entire spectrum of sound. *Ganesh* is worshipped at the outset of any project to bring about understanding and success.

Afterwards, Master Subramuniya presented Gurudev with two beautiful stone *Ganesh* statues for the West and East Coast ashrams.

Nothing Is Impossible If You Have Dedication

We then toured the temple complex. Everything was immaculate and simple. We observed how the entire belongings of each monk fits into a small bundle. Their beds are put away during the daytime, leaving the rooms entirely bare. When Gurudev

heard that the entire complex was tended by only three monks, he was much impressed. Master Subramuniya explained that he had sent the monks to training school for a year before giving them this responsibility, and Gurudev said that he "wouldn't mind at all" sending us to the training school! Referring to the monk's quarters, he added, "This is Yoga! See, nothing is impossible if you have the dedication."

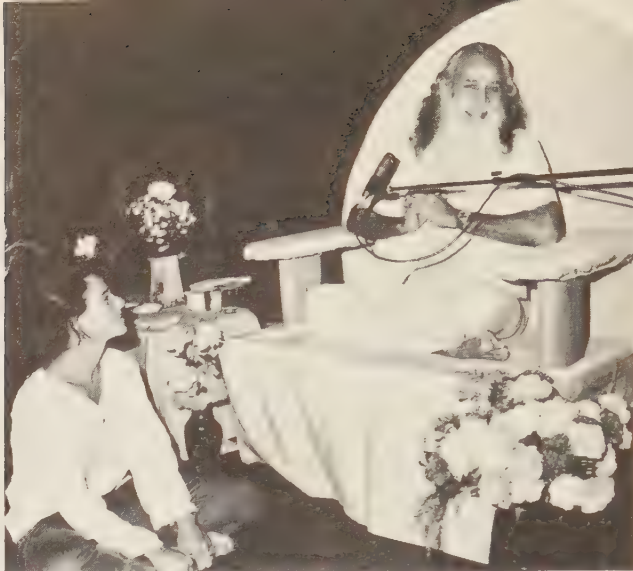
On the way home, Gurudev spoke with love and respect for our gracious host. "He is so selective with his students. He doesn't just take anyone."

-Swami Divyananda Ma

Mr. & Mrs. Happy

That night we were blessed to hear Sri Gurudev speak to the Western Congress on Meditation at the San Francisco Hotel. He gave a thoroughly vibrant talk. Every moment of our lives should be a meditation, he told us. Also, since attachments cause all our pain, we should feel that if something comes to us, that's great, and if it leaves, that's great too.

Sri Gurudev at San Francisco IYI with Karuna King.



Gurudev referred to God as Mr. and Mrs. Happy. What is so wonderful about hearing Gurudev is that he is the proof of what he is saying! There was Mr. Happy sitting on the stage and the entire audience was partaking of that Divine Happiness.

As he was leaving the auditorium, one could see the source of that happiness. He gave in a very personal way to dozens of people, pouring out his love and attention like a vast, bubbling river from which all the thirsty ones could drink deeply.

On Sunday morning the San Francisco IYI was packed with devotees and friends of Sri Gurudev. In a personal and profound *satsang*, he advised us to feel free to ask anything. If anyone was embarrassed, he suggested that they preface their questions, "A friend of mine has this problem..."

A mother shared how she was trying to raise her ten-year-old son in a Yogic manner and how difficult this was in today's world. The schools teach discotheque dancing; the children see all kinds of movies and have

experiences without any restrictions. Not only that, but the other children tease her son because she won't allow him to participate in such things. Gurudev told her that she was doing the right thing and that she could inspire other mothers to do the same. As long as the son was accepting her protection, she should continue. According to a Tamil proverb, "When your son reaches your shoulder, he is no longer your son. He is your friend."

During the *satsang*, Gurudev's long-time devotee Karuna (Carole) King arrived. He greeted her with much love and praised her songs for being meaningful and for reflecting high ideals. He also spoke of the 323-acre estate she had recently given him in Connecticut and then shared with us a light-hearted glimpse of His vision of Yogaville. We would all live together and eat together. There would be no personal kitchens. Since we would buy food in large amounts, it would be cheap and we could even afford to hire

excellent chefs. Also, there could be a theatre with wholesome and entertaining film such as Walt Disney, Laurel and Hardy and science specials.

While listening to his beautiful ideas about Yogaville, many of us could feel how close this dream is to his beloved heart. May God bless all of us to carry out the wishes of our beloved Gurudev. -Padma McLeod

Universalist Church

Across a continent, on Oct. 1, Sri Gurudev gave a talk at the Universalist Church in New York City. Many of us had fond memories of when Gurudev was speaking there every Friday night.

He was gracious and regal, an embodiment of universality and understanding. Giving a phenomenal talk which took us step-by-step through the teachings, he beautifully distilled for us much of what he has been telling us throughout the years. Beginning with *OM*, God and Adam, he covered the totality of spiritual knowledge. What more can we ask for? -Editor

Meeting Of The Ways

On October 8, at Rutgers University in New Jersey, Sri Gurudev participated in the Meeting of the Ways conference with Brother David, Rabbi Gelberman and a representative of the Reverend Gesshe Wenyal of the Buddhist faith.

Our Swami Vivekananda and Joseph and Nathan (Jewish folk-singers) played wonderful and inspiring music. Sri Gurudev was taken with the brothers having cleverly converted an old radio part into a white, plastic flute. Nothing is worthless, he said.

Everything has its place and can be used for something.

As Gurudev said in a recent *satsang*, "Remember the hungry. Don't waste." In his total caring and awareness, he is really the Cosmic Ecologist. -Editor

The Temple Vision

At Yogaville East on Oct. 10, it was *Sri Lakshmi* night of the festival of *Navaratri*, which is a Hindu celebration of the Divine Mother. Also, it was the Jewish holy day of *Yom Kippur*—therefore a perfect, ecumenical day for a *satsang* on the L.O.T.U.S., the Light of Truth Universal Shrine. Shanthi Norris discussed the idea of a universal shrine, a dream coming true, where those of all religions, and even those of no religion, could find a place to worship. It would be a "monument to the oneness" of mankind.

Viswanath, the architect, explained the technical details and the plan of the shrine. There was a humorous moment when Gurudev confided that, "Every time I walk into Viswanath's work area, I make a change." Viswanath, continually striving to meet the scope of Gurudev's vision, had been revising the plans for the past few years.

Sri Gurudev then spoke about the history of his long-cherished dream. Originally, he thought of it on the day that he organized the first All-Saints day in Ceylon during the month of July, 1953. Gathering as many pictures as he could of Saints and Prophets, he had placed them on the stage. It was the first ecumenical celebration of *Guru Poornima Day* in Ceylon or anywhere in the world! At that time

he had thought, "Wouldn't it be nice to have a *permanent* shrine like this? But," his thoughts continued, "who am I? It's too much for me."

Gurudev retold the story of the Indian Saint who had built a temple in his mind (see: *Oct. 1978, Page 11*). While in America, Gurudev felt that what was "for one person, a head-load," was for each of "one hundred people, a toothpick" load. Then he saw that his meditation on the L.O.T.U.S. would finally manifest in the physical reality in the United States. His American devotees one day would each carry a "toothpick" and easily complete the task. -Editor

Sri Swami Kriyanandaji

On October 25, Swami Kriyananda, dear friend of Gurudev and founder of Ananda Cooperative Village, surprised us with a visit to Yogaville East. In a heartwarming *satsang*, Gurudev shared with him our hopes and plans for the L.O.T.U.S. Then, in a spontaneous visit to the Integral Yoga School, Swami Kriyanandaji told a story and, accompanying himself on guitar, sang some of his

special songs for children. Then Prem, a young student at Ananda Village, was asked to say a few words to the children in the room. He explained, for *all* of us, the importance of meditation, how the mind is steadily fixed on the Divine Beloved. Sri Gurudev thanked him "for the beautiful lesson."

Departure time came all too quickly, but in great joy. The two masters embraced, then Swami Kriyanandaji joined his students in the camper bus. From a large window, sitting at his ease, our special visitor with the golden heart was showering us with his blessings. In the gentle, sunlit afternoon, we all waved merrily, and regretfully, at the departing van. -Mukta Devi

A Putnam First

Sri Gurudev has given many hundreds of lectures in nearly every corner of the globe. On October 27 he gave his first public talk at the Putnam High School, just a few short miles from the ashram in Connecticut. He introduced the idea of the L.O.T.U.S. and explained how, one of their own neighbors, in nearby Dayville, had given his property for the shrine.

He explained the benefits of moderate living—how to have an *easeful* body through vegetarian diet, fresh air and exercise—and how to have a *peaceful* mind through positive thinking, good company and meditation.

The result would be a truly *useful* life which is the life of dedication. Does it sound familiar? There is no end to the number of times we *all* can benefit from hearing the same truth.

-Mukta Devi



Swami Kriyanandaji and Sri Gurudev

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